KEEPING LAwell
City of Los Angeles Employee Benefits

OPTUM

SUPPORT PLUS

Join us for a seminar/webinar and learn about:

Topic	Description	Date, Time, & Location
Making the Most of Your Working Day	Learn time management skills and taking advantage of time.	August 29th, 12:00-12:30 pm City Hall, Room 1040
Positive Parenting	Learn about parenting issues and how to help children thrive.	September 26th, 12:00-12:30 pm City Hall, Room 1040
Work Life Services	Learn about services available for work life balance. Services such as housing, elderly daycare, commuting option and more.	November 21st, 12:00-12:30 pm City Hall East, Room 351

To join the webinar login to keepinglawell.com/events